

After using a few days a little cream may be added to it, as the child improves. The offensive odor of the evacuations should occasion no alarm.

Barley water: To two tablespoonfuls of barley add one quart of water and boil continuously for six hours, keeping the quantity up to a quart by additions of water; strain through a coarse cloth.

Oat meal water: One tablespoonful of oat meal to a pint of water; boil one hour, replacing evaporation.

Arrow root water: To one teaspoonful of arrow root add a little water; rub to a paste. Add one pint of boiling water; boil five minutes, stirring constantly.

Rice water: One heaping tablespoonful of rice to a quart of warm water; let stand on back of stove for an hour, then boil slowly to one pint; strain.

Beef juice: Take a piece of round steak, perfectly fresh, drop on a hot griddle for a moment, searing both sides; cut into pieces to fit a lemon squeezer and press out the juice. To a teaspoonful of the juice add a scant cupful of warm water, also a little salt. Do not reheat.—Conkey's Home Journal.

Watch very closely the effect of any diet given the child. Food may seem to disagree with it, when the trouble is really due to improper clothing, insufficient attention to cleanliness, or irregularity in giving the food. Remember, the best care you can give to your baby, depends largely upon brains and the use you make of them.

Floral Chats.

It is none too early to take thought of your winter garden, if you intend having plants from your summer garden to fill it. Cuttings of geraniums, and many other plants should be taken and started to rooting. Many flower-growers simply "snap" off slips and thrust them into the ground beside the mother plant, where they quickly take root if kept well watered and shaded for a time. Plant a few seeds of choice varieties of Petunias this

"SUMMER FOOD"
Has Other Advantages.

Many people have tried the food Grape-Nuts simply with the idea of avoiding the trouble of cooking food in the hot months.

All of these have found something beside the ready cooked food idea, for Grape-Nuts is a scientific food that tones up and restores a sick stomach as well as repairs the waste tissue in brain and nerve centres.

"For two years I had been a sufferer from catarrh of the stomach due to improper food and to relieve this condition I had tried nearly every prepared food on the market without any success until 6 months ago my wife purchased a box of Grape-Nuts thinking it would be a desirable cereal for the summer months.

"We soon made a discovery, we were enchanted with the delightful flavor of the food and to my surprise I began to get well. My breakfast now consists of a little fruit; 4 tablespoonfuls of Grape-Nuts; a cup of Postum, which I prefer to coffee; graham bread or toast and two boiled eggs. I never suffer the least distress after eating this and my stomach is perfect and general health fine. Grape-Nuts is a wonderful preparation. It was only a little time after starting on it that wife and I both felt younger, more vigorous, and in all ways stronger. This has been our experience.

"P. S. The addition of a little salt in place of sugar seems to me to improve the food." Name given by Postum Co., Battle Creek, Mich.

Send for particulars by mail of extension of time on the \$7,500.00 cooks contest for 735 money prizes.

month, and they will make fine, strong plants by the time you are ready for their removal to the house. Seedling plants of many things may be found under the parent plants, and they should be cherished; they will make fine winter bloomers.

Many things may be started from seeds this month and next, and by growing them yourself, quite a little sum may be saved with which to buy the rare plants which cannot be started except by the florist. There may be some disappointments in store for you, even after you have done your best, but you will also have many successes as well. Plants are like children—they must have care. Because a plant will live without coddling is no excuse for neglecting it.

The ivy geranium should meet more general favor than it does, as slips root readily, and the plant is beautiful in leaf and flower. Try a Gloire de Lorraine, and see how beautiful it is.

Lilium Candidum is inexpensive, blooms the first year after planting, and is beautiful in flower, but it must be planted in August, August, or very early September is the time to plant the freesias; later planted bulbs seem to have lost their vitality. August, too, is the time to sow pansy seeds; they will make sturdy little plants by cold weather. Many other perennials do well sown in August. All plants intended for winter garden should be growing vigorously by September.

It is not easy to move one to effort of any kind when the thermometer is away up in the nineties, and threatening to go higher, but inclination must give way to necessity, in all things, and the labor required is not very heavy, while, if the work is neglected now, there will be vacant spots in your window garden next winter, and regret in your hearts.

Query Box.

Anxious Mother.—For substitutes for mother's milk for ailing babies, see article, "Food for Children," in another column. These recipes were given by the head nurse in a Children's Hospital. The baby's welfare depends more on the watchful care of the mother than upon any medicine; but it may be as well for you to ask advice of your physician, in case you doubt your own ability. See also article on "Sick Babies."

"A Busy Housekeeper."—Would advise you to see your family physician in the matter of the child's morbid appetite. While eating nutmeg might not be seriously harmful, it can do no good, and the craving for gum camphor certainly should not be indulged, as the drug is exceedingly harmful in quantities, as it is a narcotic and an irritant. For making vinegar, this is recommended: Mix five quarts of warm rain water with two quarts of Orleans molasses, and two quarts of good yeast. In hot weather set in the sun, with a piece of cheesecloth tied over it to keep out insects. Will be ready for use in three weeks.

Mrs. F. A. R.—If the cloth is washable (and serge should be), sponge the stains with warm water and some good cleansing mixture, until the milk is removed; then sponge well with clear water and press. Another way. Slightly strain the stained part over a tumbler or basin, and with a soft brush gently paint the stain with pure glycerine, using only enough to cover the stain. Let it soak through to the other side, and then, in about ten minutes, rinse in luke-warm water and iron on the wrong side until quite dry. The water should be soft water.

Housewife.—To preserve pickles from mold, drop a little grated horseradish on top of the pickles in each jar. This is beneficial in other ways to the pickle. Whatever kind of meat is used for filling sandwiches, free it from skin, bone and gristle, put it

through a meat-chopper, or chop very fine. Chicken, ham, cream cheese with olives, cream cheese with nuts, hard-boiled eggs, sardines, lobster and salmon are all used as filling for sandwiches. Sweet sandwiches contain a slight coating of jelly, ja mor marmalade. Finely-chopped pickles, mustard, salad dressing, etc., are all used as seasonings.

The Mother-in-Law Question.

A writer in the home department of the Inter-Ocean (Chicago), has this to say to the young bride who is beginning to awaken to the fact that her "John" is a trifle more "like other men" than she had supposed him to be:

"Above all things, the wife should be loyal to her husband. At John's first cross word let her not go weeping home to her mother to tell her of her great unhappiness and John's brutal qualities. As is natural, the mother will think the daughter much abused, and will attempt to straighten out the tangles. No man is going to brook interference from his mother-in-law, at least for any length of time, and what could have been smoothed over in a short time, had the wife exercised common sense, is likely to widen into a breach that cannot be healed. The young wife ought not to decant upon her husband's peculiarities to the neighbors. To use a homely phrase, it is none of their business. If she have grievances or suspicions, let her keep them to herself.

"So many young wives think: 'Well, now I have a husband, nothing more is to be done.' Nothing could be more foolish, more senseless. Everything is to be done. She makes a fatal mistake who becomes careless in her personal appearance. If she was painstaking before marriage to gain her husband, how much more careful should she be after marriage to keep him. Zankwill tells us that the orthodox Jews have a custom which compels a woman, immediately after marriage, to shave her head of all her natural hair and don a wig, frequently hideous, in order that she may not gain the admiration of other men, 'forgetting,' says Mr. Zankwill, 'that their husbands are also men.'"

Clover Bobs.

Some sing of the lily, and daisy and rose,
And the pansies and pinks that the summertime throws
In the green grassy lap of the medder that lays
Blinkin' up at the skies through the sunny days;
But what is the lily and all of the rest
Of the flowers to the man with a heart in his breast
That was dipped brimmin' full of the honey and dew
Of the sweet clover blossoms his babyhood knew?
I never set eyes on a clover field now,
Er fool round the stable, er climb in the mow,
But my childhood comes back, jest as clear and as plain
As the smell of the clover I'm sniffin' again;
And I wander away, in a barefooted dream,
Where I tangle my toes in the blossoms that gleam
With the dew of the dawn of the morning of love,
Ere it wept o'er the grave I am weepin' above.
And so I love clover—it seems like a part
Of the saddest sorrows and joys of my heart.

—James Whitcomb Riley.

Making Tea.

A reader, giving neither name nor

address, asks for specific directions for making a stated quantity of tea. Had she enclosed a stamped, addressed envelope or even given her name and address, I should have at once sent her the desired information, but I am afraid the directions, coming through the Home Department may be too late to help her. However, it may serve some future occasion, and here it is:

The general rule in tea-making is one teaspoonful of tea-leaves to each cupful of water. One quart measure holds four ordinary teacupfuls of liquid. Some people like the beverage not so strong, while others prefer it stronger; experience will teach you to regulate this to suit yourself, but I think, for workmen, this would be about right. Measure your tea-leaves, then, four teaspoonfuls to a quart of water; fill your teakettle with fresh water, just bring it to a good boil, and pour the desired amount, boiling hot, on your tea-leaves, cover closely and set where it will keep hot—not boil; let stand for five to seven minutes, then serve. Be sure to have the vessel in which you make your tea perfectly sweet and clean. It is astonishing, when one comes to think of it, how much badly-made tea is served up for consumption because of carelessness in the matter of the temperature and freshness of the water used, and the condition of the teapot.

Different teas have different flavors, and all tea-drinkers do not like the same brand, no matter how well it is made. A cheap tea is not economical, as it is not only liable to adulterations, but a given strength calls for a greater quantity of the leaves.

The Button Bag.

One can hardly keep house without a button bag, and here is a pretty way to make one: Cut out a circular piece of material about 18 inches in diameter; if you are handy with your needle, you might embroider on this piece scattered bachelor buttons in pinks and blues; the bag may be made of linen, or other smooth material; cretonne is good, but not as good for embroidering as linen. Line with some contrasting color. Cut lining just like outside, seam together, and then sew brass rings at regular intervals about the edge; run a cord in these, and your button bag is done. This bag is capable of being laid out flat, and the buttons poked over, then, by a pull of the draw-string, closed again, and may be hung up by the cord.

Dainty Tea Cloths.

Pretty "5 o'clock tea" cloths may be made from large napkins, a pretty design chosen and this simply outlined with Asiatic twisted embroidery silk, or etching silk, if preferred, either in white or colored. The design is woven into the linen, and you have but to follow it in outline stitch, which is rapid work. Some of the work might be filled in solid with Roman fido or Asiatic fillole. Doilies may be embroidered similarly.

Very pretty covers for small tables may be made from black satin, sateen or broadcloth, stamped with some suitable design followed with Asiatic couching cord simply couched down. The work is rapid, and the effect very handsome. Feather-stitching makes handsome borders, done in contrasting colors. Unbleached muslins, worked in shades of brown, oak-leaved design, outlined with brown rope or Mediaeval silk, with veinings put in with feather-stitching. Leaves may be filled in very quickly with diamond stitch.

AN OLD AND WELL TRIED REMEDY.
Mrs. Winslow's SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.